FAMILY LIFE

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Family Life 25 Years From Now

Family life in North America will probably show no striking changes during the next quarter of a century. Only a hardy optimist could believe that we shall eliminate any of the serious dangers that now confront it. But there are some forces at work which, if encouraged vigorously, will lead to improvement.

Any long-time trend is certain to be upset occasionally by economic conditions, which we can not now predict. In years of prosperity people marry earlier and oftener, have more children, get more divorces, and produce more juvenile delinquents. We have had prosperity much of the time since the last World War. When hard times appear, especially if they amount to a serious depression, the family responds quickly. People delay marriage, avoid divorce, and have fewer children. Juvenile delinquency decreases, — partly because parents stay at home more and look after their youngsters, partly because there is less money for undesirable use of leisure time, and for alcoholic beverages. If we do not go through any genuine boom-and-bust cycle during the next quarter of a century, we shall certainly have a few ups and downs, with such results as I have mentioned. These will tend to obscure, for the time being, any long-time trend.

Almost every student believes we shall have more mixed marriages between people of widely different religious faiths. These have been increasing steadily in number, often with unhappy results—they break up too easily, especially on the birth of the first child, when the families and associates on both sides feel it necessary to interfere. But studies indicate that any religion, or any combination of religions, is better than none, in leading to successful marriage. The highest rate of divorce is between two persons, neither of whom is identified with any religious group at all.

Much has been said in recent years of the husband's supposed loss of authority in the home. Some reformers have been so enthusiastic about making him carry half of all the housework as well as his outside job, that they have turned him into a mere assistant mother, rather than a father,— with disastrous results on the children and parents as well. There is now a swing away from this toward a better distribution of parental responsibility.

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Much has also been said in recent years about the lack of discipline in the home. The ridiculous extremes to which some parents were urged to go in letting the children manage not merely themselves but the entire household, are being cut back. The home certainly does not want the kind of discipline which is imposed on draftees in an army camp, but there are many indications that parents are gradually learning how to make the children use more self-control and practice more teamwork. This should be reflected in more successful marriages when these children grow up.

Getting along with in-laws is a problem which needs more attention. One study seemed to show that the mother-in-law broke up more marriages, in the first year after the wedding, than did any other single influence. After that year her effect gradually disappeared until by the twentieth year it had vanished and alcoholism took its place. Both generations need systematic training in living together, not usually in the same house but always in the same world!

Meanwhile some extremely important constructive movements are developing. Education for marriage in high school and college has fully demonstrated its value, and is spreading slowly. We may hope that it will become an important factor in reducing the widespread subservience to a concept of Romantic Love that is largely infantile and largely harmful in making people disregard the necessity for intelligent choice of a mate.

Marriage counseling by highly-skilled specialists trained for that specific subject has produced highly gratifying results. Some cities have attached counseling services to their divorce courts, and a surprisingly large proportion of the couples who file for divorce,—one-fourth or one-third of them, — are found not really to want to break up their marriages, when they learn some other way of meeting their difficulties. Widespread alarm over the excessive divorce rate will probably lead to increase in the number of such clinics.

Churches particularly are taking an active and productive interest in strengthening marriage and family life by the many important means at their command. Adequate public support for all such constructive features as have been mentioned, should eventually bring about a more stable and much happier home life on this continent —*Paul Popenoe.*

Educational Notes

GOOD TEENS IN JEANS, is the slogan under which the Denim Council, 375 Fifth ave., New York, N.Y., is seeking to promote continued service by high school pupils throughout the nation. Write it for particulars.

LECTURES ON SEX EDUCATION, given to high school students, were followed by a 50% reduction in the number of illegitimate pregnancies in two high schools in Washington, D.C., says William F. Benedict, executive director of the Social Hygiene Society of the District of Columbia.

THE DOMINEERING MAN AND THE NAGGING WOMAN

by MARY BETH FOLAND

The nagging wife and the domineering husband have a good bit in common. They are usually basically dissatisfied, frustrated individuals trying to heighten their feelings of importance through these reaction patterns. Essentially their need is for ego support and the counselor can help them to realize their strength and build on them.

The nagging wife tells her husband what to do, when to do it, and how to do it, often interspersing criticisms when he commits errors and seldom including commendations when he shows ability or takes the initiative. Her nagging often reveals the woman's last weapon against strength, that of having the last word. She may nag to gain a feeling of superiority, she may be voicing disapproval or lack of respect for her spouse, she may be caught in the vicious cycle of nagging just for the principle of the thing, or she may be complaining about things that are a projection of her own failings.

The wife needs assistance in learning more meaningful and creative ways of meeting her need to overcome insecurity or inferiority. She can be helped to insight by exploring immediate sources of aggravation and underlying attitudes stemming from past life experiences. An interpretation of her role and that of her spouse in current situations can soon follow the initial discharge of complaints and cross-complaints. Next, suggestions may be given on how to initiate a change in the procedure with a follow-up of the progress made, so that genuine appreciation can replace criticism; praise, blame; etc. She needs support until she has the feelings of success and then she may initiate new techniques of her own and carry on alone.

The domineering man may be quite as emphatic about how his house is to be run, schedules for meals, disciplining the children, handling the financial or social matters. If these are not done as he has dictated, harsh words, punishment, withholding of funds and the like, may ensue. He tries to throw his weight around at home to compensate for a feeling of uncertainty or insecurity. This may stem from frequent frustration at work, copying the pattern of manhood in his early home situation, or defensiveness because of feeling dominated by women caused by his early relationships. Again, catharsis, interpretation of the role of each spouse in the family constellation, reviewing current or ancient sore spots, precede the re-education in new techniques for ego satisfaction, feelings of accomplishments, real cooperation and sharing.

Following (without regard to the order of their importance) are a few things that the counselor can do:

1. Keep a day's or week's record of all the times the wife found herself nagging; the husband might do the same. The notes are to be compared later to see if this is truly nagging, whether the spouse has projected something else into the situation, and the degree of provocation.
2. Use graph paper to show the daily improvement in the number of compliments used, times the tongue was held.
3. Praise husband (wife) when he has

done something truly praise-worthy. Choose a suitable time for making any suggestion; not when either is over-tired or has had a particularly bad day.

4. Hold a family council and divide the areas of labor and/or responsibility and see to it that one does not encroach on the other's area.
5. Discuss the expectations, hopes, attitudes the client has toward the spouse and check them against reality. Determine whether an idealized image interferes with the real life picture. Note conflicts in desires and help client to deal with these. Discuss in detail exactly what client does want and have both husband and wife make lists of their goals, desires and what they would like to see changed. Point up the areas in which they agree. Stress that theirs is a new relationship like no other, and that it should not be expected to be like either his or her former home life.
6. Talk out early patterns, especially if nagging was important during those years. How did the client feel about it? Has there been identification with the nagging parent?
7. Discuss the differences of men and women and help develop respect for these differences.
8. Lead client to new ways of meaningful activity. Suggest areas where they can take the spouse into partnership. How many things do they learn or do together that are new and mutually satisfying? What outlets are there in the community for the aggressive drives or for ego satisfactions made available in club, philanthropic, political, educational or religious groups? Encourage the development of satisfying creative hobbies, getting some long deferred education, realizing a long-held dream, etc.
9. The domineering man is often helped by the counselor's pointing out that he cannot expect to elicit cooperation from his wife by the use of the directive methods he uses on the job to men or women, since marriage relationships call for giv- and mutual aid rather than dictation and direction.

It is well to remember that these patterns may be quite obvious or they may be well concealed. It often takes a good bit of close observation to locate the sources of the difficulty, because the client may seem so reasonable and understanding. If you get the feeling within the first hour or two that the client is not to blame, suspect it! This is very likely the effect he has been able to produce through the months or years and which may be causing the spouse so much frustration or a sense of injustice.

(Abstract of discussion by Mrs. William H. Foland at the 10th Annual summer workshop on counseling, at the AIFR Aug. 6, 1957.)

Around the World

UNITED NATIONS Economic and Social Council has moved toward establishing a uniform minimum age of marriage for women. It has asked the member nations to submit data and reports which can be studied with a view to some recommendation.

SOVIET DIVORCE RATE has dropped 50% since 1940. This is attributed largely to changes in the law which made it more difficult to get a divorce, and to the establishment of something

like a counseling service in the court.

SOVIET Ministry of Health has become very much concerned about increase in the number of abortions, following a relaxation of law in Nov., 1955, says Abraham Stone who attended the Tenth National Congress of Gynecologists and Obstetricians (the first held in 22 years) in Moscow. The government is trying to counter this by more widespread dissemination of contraceptive information.

WORLD CONGRESS OF THE CHILD was held in Brussels July 20-26 in connection with the world's fair there. It was held under the sponsorship of the International Union for the Protection of Childhood.

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Research Notes

WORKING WIVES create homes with "a more equalitarian ideology for the wife," say Robert O. Blood jr. and Robert L. Hamblin, who studied several hundred couples from this point of view. But, they conclude, "she does not seem to bargain with her greater economic power; rather they are mature and cooperative enough to work out a good division of labor." (*Social Forces,* May, 1958.)

SIMPLE TEST to determine whether the thyroid gland is functioning normally has also been found to be a good prediction of whether a pregnant woman will have a miscarriage, according to Milton W. Jamolsky and A. Stone Freedberg, reporting to the American Goiter Assn. All women who showed abnormal values by their test during pregnancy ended with miscarriages.

HORMONE THERAPY during pregnancy may produce masculinized girl babies, Lawson Wilkins reported to the AMA convention in San Francisco. Studying 17 babies whose genitalia were not properly developed at birth, he found that all but three of the mothers had been receiving progesterone regularly because of threatened or habitual abortion.

STUDING 1433 new mothers, Alfred Yankauer et al found that only one in every four of them even began breast feeding. Nursing at the breast was most common in upper class families, but most of these mothers stopped within six weeks. (*American Journal of Public Health,* June, 1958.)

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Sex Education in Sweden

Sex instruction in Swedish schools is compulsory; its purpose is both to give information of a biological nature and knowledge as an aid to the moulding of ideals and building character. Such instruction is thus intended to have a strong ethical element, says C. W. Herlitz, physician-in-chief to the Swedish schools.

It would be desirable, of course, that pupils receive this education in their own homes, but abundant evidence shows that they do not get it there,—for reasons well understood in every civilized country. The schools therefore begin with the pupils' first school year, when they are seven or eight years of age. The idea that questions should be answered only when the children ask them is quite incorrect—many children at this age are too shy to ask any questions on this subject; yet they must be protected from receiving such sex knowledge from adults or schoolfriends as might give them a feeling of dread and a sense of guilt. They must also have enough information to protect them-

selves from ill-disposed, thoughtless, or abnormal persons. Later sex instruction is given to three other age groups, namely, 11-13 years, 14-16 years, and 17-19 years.

It is not believed that specialists for this education should be brought in from the outside. The classroom teacher is held responsible, is provided with manuals from the Board of Education, and is given opportunities to take part in yearly continuation courses offered by the State.

The handbook issued to the teachers directs that "All stages of sex education shall stress the importance of love, linking parents and children together in a home . . . It should not be unrealistic but, on the other hand, it should not advocate principles or a manner of life which are unworthy or undesirable either to society or to the individual.

"Continence in youth and adolescence should be strongly stressed as the only thing the school can conscientiously recommend. It must be made clear to the pupils that it is better to start a home and family early, even in modest circumstances, than to start an irresponsible sex life without any ties.

"The school must make every effort to keep parents informed as to the progress and scope of sex education." (From *Journal of Family Welfare,* Bombay, Jan., 1958.)

Needed: More Father Love

Mother love is necessary to a child, but father love is even more needed at the present time, says R. G. Andry, comparing selected samples of delinquent and non delinquent children. Delinquents were found to be suffering more from paternal rejection than from "maternal deprivation." Non-delinquents described their relationship with both parents as satisfactory. In contrast, the relationship of the delinquents with their mothers seemed, by comparison, decidedly more satisfactory than their relationship with their fathers.

The majority of both parents in the delinquent group failed to show overtly their affection (if any!) for their children; but fathers were the most deficient in this respect.

Delinquents have some times been branded as "affectionless characters." To the extent that this is true, it seemed to be due to the failure of the parents, especially the fathers. Dr. Andry concludes that the importance of mother love has been *relatively* overemphasized, in discussing the formation of personality, and that the role of the father, as a dispenser not merely of authority but of love and security, has been left out of focus.—*British Journal of Delinquency,* July, 1957.

Inexpensive Pamphlets

CHILD TRAINING LEAFLETS, a series published by the Dept. of Natl. Health and Welfare in Canada. Since these were not available for free distribution outside the Dominion, eight of the popular titles have been reprinted for Human Relations Aids, 1790 Broadway, room 713, New York 19, N.Y., at 5c each.

YOUR CHILD'S EMOTIONAL HEALTH, by Anna W. M. Wolf. Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.

HOT RODS — right or wrong? by Ben Solomon. Pp. 38, price 50c from *Youth Leaders Digest,* Putnam Valley, N.Y.

NEW BOOKS IN BRIEF REVIEW

MARRIAGE COUNSELING, by J. H. Wallis and H. S. Booker. Pp. 313, price 25 s. from Routledge & Kegan Paul, Broadway House, Carter Lane, London E. C. 4, England, 1958.

Organized in 1938, the Marriage Guidance Council of London has grown steadily, expanded to national proportions with 80 branches, and won government financial support. Its story is told in this book, Mr. Wallis describing its procedures and Mr. Booker providing a statistical analysis of thousands of cases. The Council was frankly patterned very largely after the American Institute of Family Relations. Its counselors, of whom more than 700 have been specially trained, are largely of middleclass origin, middle-aged, mainly women. Careful processes of selection, training, and supervision are described fully for the benefit of others. Mr. Booker's statistical tabulations are somewhat superficial, little use being made of the correlations, critical ratios, and other accessories dear to the American analyst. It appears that half of the clients are seen only once; only one-fifth are seen more than twice. It is therefore greatly to the counsellors' credit that they can claim roughly one-third of successes, one-third failures, and one-third unknown. This is a careful, detailed account of a magnificent piece of social service which is giving a better account of itself each year.

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THE TROUBLE WITH WOMEN, by Eleanor Metheny and James A. Peterson. Pp. 222 (no index,) price $3.75 from Vantage Press, 120 W. 31st st., New York 1, N.Y., 1957.

The trouble with women, say the authors, is that they don't know what they want. They have received from the past a lot of patterns that don't fit in the present. They are not educated consistently; neither are their husbands. Both sexes must be taught to create marriages "based on equality . . . in which men and women may walk side by side in a companionship which encompasses their differences as individuals even while it enhances their common human worth." The thesis is developed through five detailed "case histories" which make it much more interesting and readable. Dr. Metheny is professor of education at the University of Southern California, Dr. Peterson associate professor of sociology and marriage counselor at the University of Southern California and author of a popular textbook, *Education for Marriage*.

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MOTHER AND CHILD, by D. W. Winnicott. Pp. 210, price $3.50 from Basic Books, Inc., 59 Fourth Avenue, New York 3, N.Y. 1957.

This book has long been needed. It fills the gap between the heavily biological type of information typified by Spock and the purely psychological literature on child rearing with which parents have been deluged to their detriment in recent years.

Here is a perceptive human being with the ideal combination of backgrounds—pediatrics and psychiatry—to produce support for the struggling parent. He does not tell you what to do but helps you evaluate situations

and use your inner capacities to deal with them.

His chapter on "Why Babies Cry" is a masterpiece. No parent can fail to get something of value from it. He emphasizes the importance of understanding the crying, not of stopping it. He encourages parents to come to grips with their occasional over-reacting to crying. He points out that if a baby is anxious or insecure he may feel better to yell. He insists that even a tiny infant has a right at times to be sad. He urges mothers to enjoy their experiences. "Enjoy finding out new things about yourself. Enjoy having more right than you have ever had before to do just what you feel is good." A quote from page 54 seems best to sum up his point of view as a whole: "In the long run, what we need is mothers and fathers as well who have found out how to believe in themselves." He obviously does not believe that you once freely enjoyed some pleasure or privilege who are best able to give it up if it becomes necessary," and later "The mother's cooperation with the baby at the beginning led naturally to the baby's cooperation with the mother." His emphasis throughout is on the way it can and should be and is at best. Any parent can achieve more real enjoyment from the role through studying Dr. Winnicott's ideas and sharing some of his insights. — *Mary Jane Hungerford, Ph.D.*

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MARRIAGE COUNSELING: a casebook. Pp. 488 (no index), price $6.50 from Association Press, 291 Broadway, New York 7, N.Y., 1958.

Analysis of 41 cases involving premarital and post-marital counseling and also the counseling of the unmarried. There are discussions of the principles of marriage counseling and the application of its techniques, drawn from many fields of science. The book was prepared by a committee of the American Association of Marriage Counselors, for the purpose of giving guidance to the many persons, with all sorts of different backgrounds, who are called on to counsel people about their marriages and who would like to know what procedures others in the field have found useful.

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AN INTRODUCTION TO GROUP COUNSELING IN STATE CORRECTIONAL SERVICE, by Norman Fenton. Pp. 204, from the State of California Department of Corrections, Sacramento, California, 1957.

The treatment concept in detainment institutions is rapidly gaining acceptance around the world, and the State of California has led in the application of widespread group *counseling* for prisoners. Dr. Fenton tells part of the story of the development of this aspect of the treatment program; but in this publication emphasizes *specific, detailed methods* of how to begin and carry out a group counseling program in the prison setting. He is fully aware of the problems, and he discusses frankly, e.g., the requirements of prison restrictions vs. the permissiveness of a counseling group, etc. There is a lengthy discussion on the differences between group counseling and group psychotherapy, very well done. The author insists on the value of *group counseling*. For those who are in any way interested in state treatment procedures and/or for the beginner in group counseling, this book will be enlightening and helpful. Dr. Fenton is Deputy Director, Classification and

Treatment, State of California Department of Corrections.—*C. E. Phillips, M.A.*

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PARENT CHILD TENSIONS, by Berthold Eric Schwartz and Bartholomew A. Ruggieri. Pp. 238, price $4.95 from J. B. Lippincott Co., East Washington Square, Philadelphia, Pa., 1958.

A psychiatrist and a pediatrist have collaborated to produce this book of advice for parents, full of dogmatic assertions not backed up by any citation of evidence. There is much good material along with extravagant statements of many kinds, and a good deal of that peculiarly myopic self-satisfaction which some physicians seem to think desirable in writing for the public. How much can one trust writers who speak for example, "the pioneering research of many physicians, among whom should be mentioned Freud, Carl Jung, and Alfred Adler . . . Despite the far-reaching significance of their findings, the importance of the work of these men is not generally appreciated outside the medical profession"!

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WITH THIS RING, by Louis H. Burke. Pp. 280 (no index), price $4.50 from McGraw-Hill Book Co., 330 W. 42nd st., New York 36, N.Y., 1958.

In many areas of the United States, attemps have been made by divorce courts, in various ways, to deal with couples who apply for separation but have no adequate reason for it. Wisconsin, Ohio, particularly Toledo; Michigan, more especially Detroit; and Los Angeles County, California, have pioneered with some elements in common but all markedly different from the methods used in the Scandinavian countries. Probably these methods will all eventually converge in the light of experience gained. The present book describes the modifications which Judge Burke, who presided over the Los Angeles court for several years, introduced and of which the leading feature is what is called the Reconciliation Agreement. The applicant for divorce is referred to a counselor of the court who gets the information necessary to fill in the blanks of the reconciliation agreement (a document of 13 pages, of which such paragraphs are retained as seem appropriate in each particular case.) The couple are then asked to sign this document. Of course they are not obliged to do so. If they do sign it, however, it then becomes a matter of court record, and any failure to live up to its provisions may be punished as contempt of court. It is in effect for 30 days, after which the couple are asked to sign an unlimited extension—which the Court may set aside at its pleasure.

Part of the agreement may be that the couple will consult a marriage counseling agency, which is specified by the court. Some readers will be dissatisfied that there is no confidentiality about this whole transaction. Others will wonder about the value of an agreement which is enforceable by the court, in comparison with ordinary marriage counseling which depends on enlisting the voluntary effort and approval of the client. There is urgent need for adequate research to determine whether there are important negative reactions to such authoritative procedure, especially when the Reconciliation Agreement is a somewhat standardized one. But the text of the agreement has value for reading, as Judge Burke's book contains much general material looking toward successful marriage. Every step toward

dealing with the improvement of marriage is to be welcomed.—*Roswell H. Johnson, Ph.D.*

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NO ESCAPE FROM LIFE, by John Sutherland Bonnell. Pp. 215, price $3.75 from Harper & Bros., 49 E. 33rd st., New York 16, N.Y., 1958.

Pastor of the historic Fifth Avenue Presbyterian Church in New York City, Dr. Bonnell has become widely known in the last quarter of a century as a pastoral counselor. This little book presents some of his thoroughly practical and of course religiously-oriented methods, ready for application by anyone who has ears to hear. Like his previous books in this field, it will doubtless be widely and deservedly popular.

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FAMILLE D'AUJOURD'HUI, Pp. 446, paper covers, no index, price f.305 from Chronique Sociale de France, 16 rue du Plat, Lyon 2, France, 1958.

For half a century France was the stock example of a nation committing race suicide. In 1876 there were 1,022,000 births, in 1939 the number had fallen to 622,000! A long-time campaign to strengthen family life and raise the birth rate was intensified with remarkable success: today France is a growing and vigorous nation instead of a dying nation. This campaign has been associated with the creation of a remarkable number of organizations of all kinds, to deal with the problem of the family from every point of view. Most of them seem to be more concerned with quantity than with quality of births—perhaps a natural attitude for a nation whose people were not replacing their own numbers. One of the oldest of the organizations in this field is the Semaines Sociales de France, a conference held annually under Roman Catholic inspiration. This solid volume represents the proceedings of the 44th Congress, held in Bordeaux last year. The addresses, many of them important and well-documented scientific papers, should not be overlooked by any one concerned with the philosophy of family life and the means of strengthening the institution.

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SO YOU WANT TO BE PSYCHOANALYZED, by Lucy Freeman. Pp. 144 (no index), price $3.50 from Henry Holt & Co., 383 Madison ave., New York 17, N.Y., 1958.

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DEAR ABBY, by Abigail Van Buren. Pp. 201 (no index), price $2.95 from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1958.

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HEALTH FOR EFFECTIVE LIVING, a basic health education text for college students, by Edward B. Johns, Wilfred C. Sutton, and Lloyd E. Webster. Second edition, Pp. 507, price $5.75 from McGraw-Hill Book Co., 330 W. 42nd st., New York 36, N.Y., 1958.

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MENTAL HEALTH IN INDUSTRY, by Alan A. McLean and Graham C. Taylor. Pp. 262, price $6.50 from McGraw-Hill Book Co., 330 W. 42nd st., New York 36, N.Y.

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CRIME AND INSANITY, ed. by Richard W. Nice. Pp. 280, price $6 from Philosophical Library, 15 E. 40th st., New York, N.Y., 1958.

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INTERNATIONAL CONGRESS OF CHILDREN'S PLAYTHINGS was held June 22-28 in connection with the Brussels world's fair.

DON'T LET ANY YOUNG MAN

go into the Armed Services or industry, without preparation to meet new attitudes toward sex, lax standards of personal ethics, and possibilities of exploitation that he is certain to encounter. The Institute's pamphlet No. 23,

BUILDING SEX INTO YOUR LIFE

was prepared particularly to help these young men (and it is equally valuable for young women!) Chaplains ordered it by the thousand, during the last war. It is required reading in many high schools. Dr. S. R. Laycock, head of the department of psychology at the University of Saskatchewan and former president of the Canadian Federation of Home and School says:

> "I wish that a copy of Popenoe's **Building Sex Into Your Life** could be placed in the hands of **every** young man of sixteen years of age and over. It would save many from inadequate conceptions of love and marriage—conceptions which lead them to disaster. Those who object to the straight-forwardness of this pamphlet should consider the kind of sex information now received—information that is usually mis-information but at best shrouded in wrong attitudes towards love and marriage."

If you know a young man who is going into the service, give him a copy of this pamphlet. If you are associated with any boys' club, any class or society of young men, see that each one has a copy. It will help them to understand themselves and to understand others.

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